

When weight gain becomes a disease: endocrinologists' guide to prevention

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Make a diagnosis

Symptoms

“It hurts like hell”

“I can’t chew”

“Bad smell comes from my mouth”

Signs

Painful tooth

Jaw spasm

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PHONE: 312.642.3133 FAX: 312.663.2746

DATE 4/1/2011

NAME Marvelously Inventive Person

ADDRESS _____

Rx

*Determine the danger.
Test for the cause.
Treat.*

REFILL _____ TIMES

PHYSICIAN SIGNATURE Dr. Kazlauskaite

UPIN _____

DEA NO. _____

MAY SUBSTITUTE

MAY NOT SUBSTITUTE

(11-24-09)

Making a diagnosis of obesity

Symptoms

- “I overeat”
- “I undermove”
- “I undersleep”
- “I overdrink”
- “I eat food-like substances”
- “I am tired”

Signs

- Body mass index $>30 \text{ kg/m}^2$
- Waist girth ≥ 35 ” (W) or ≥ 40 ” (M)
- Body fat proportion $>30 \%$ (DEXA)
- Unusual body shape

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Marvelously inventive person

“I need to” + “I don’t want to”
=

“I know” + “I ignore”

**HOW IS OBESITY DIFFERENT FROM
A TOOTHACHE?**

“I want to”

Toothache

Impaired vision
Thyroid disease
Allergies
Multiple sclerosis
HIV
Parkinson's
Hepatitis C
Osteoporosis

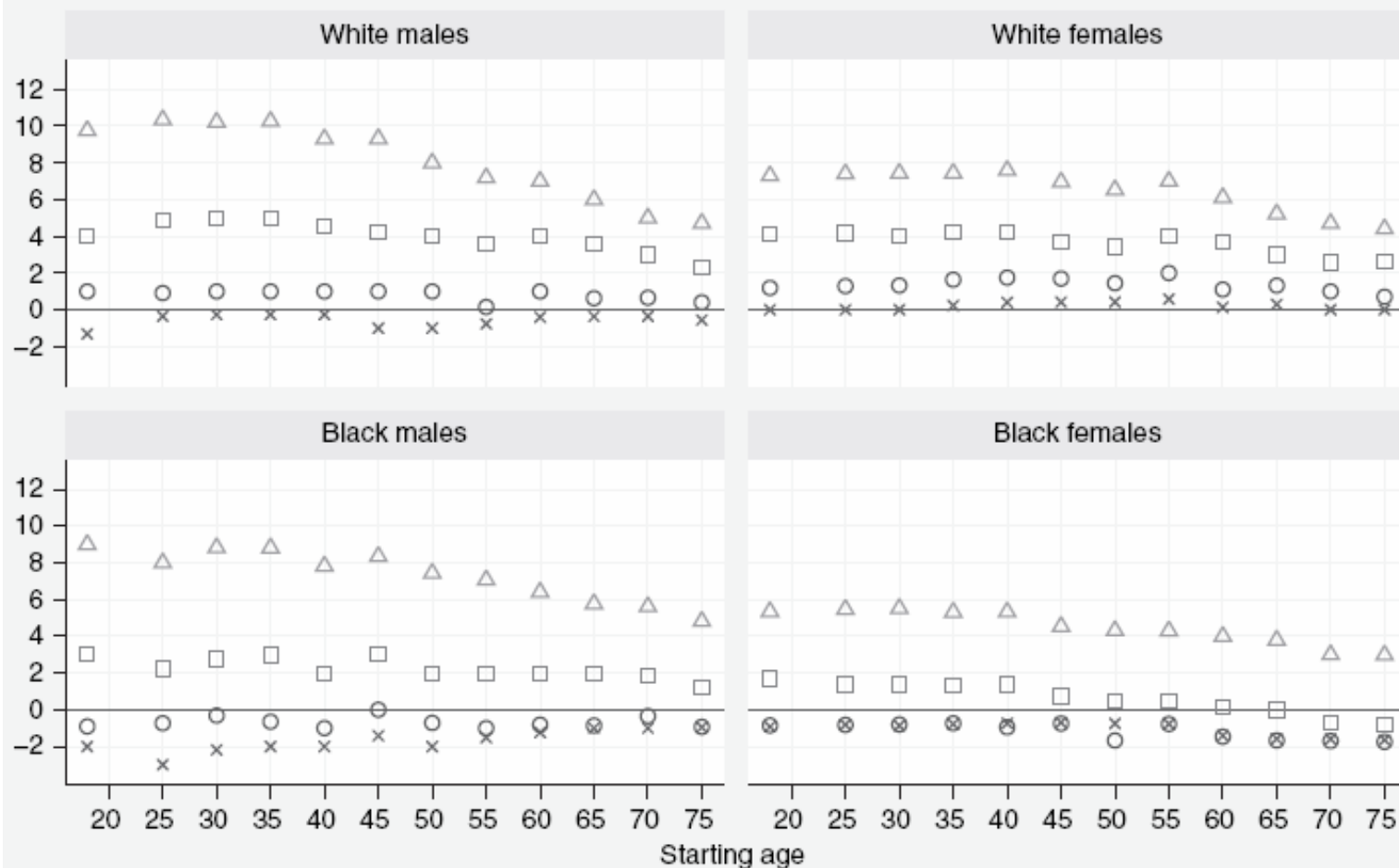
Psoriasis
Depression
Epilepsy
CHD
Asthma
Schizophrenia
Cerebrovascular
Bipolar
Hypertension
Dyslipidemia

Joint pain
Infertility
Stomach ulcer
Inflammatory bowel disease
Erectile dysfunction
Diabetes, type 1
Heart failure
Diabetes, type 2
Morbid Obesity
Addictions

“You need to”

Why is obesity a big deal?

Years of lost life



x Overweight (25-29.9) o Obese I (30-34.9) □ Obese II (35-39.9) △ Obese III (40+)

“Morbid obesity”

- interferes with basic physical functions such as breathing or walking.

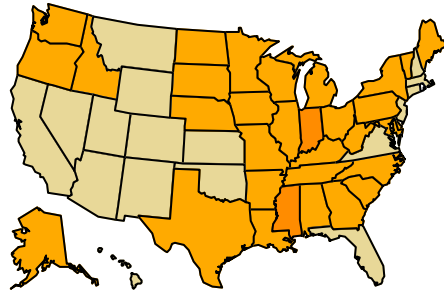


- Contributes to illnesses including diabetes, high blood pressure, high cholesterol, sleep apnea, acid reflux disease (GERD), gallstones, osteoarthritis, heart disease, and cancer.

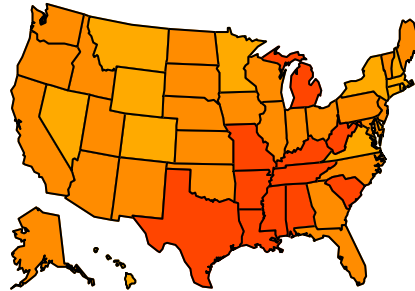
Obesity and Diabetes

Obesity (BMI ≥ 30 kg/m²)

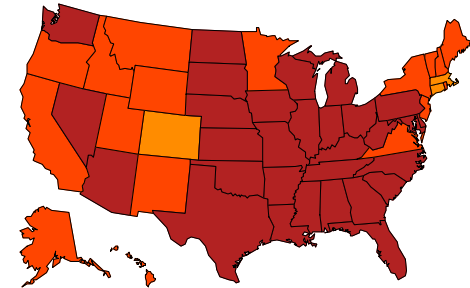
1994



2000



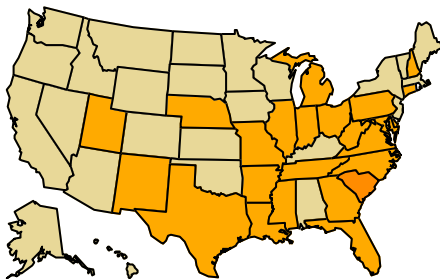
2009



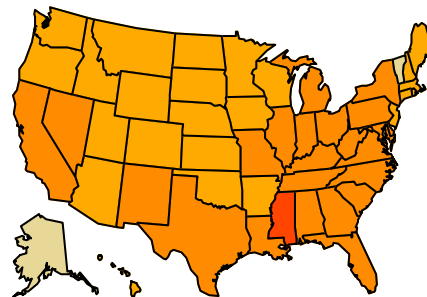
□ No Data □ <14.0% □ 14.0-17.9% □ 18.0-21.9% □ 22.0-25.9% □ $\geq 26.0\%$

Diabetes

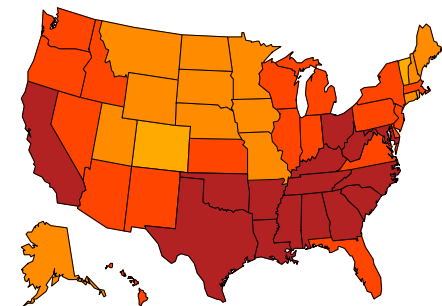
1994



2000



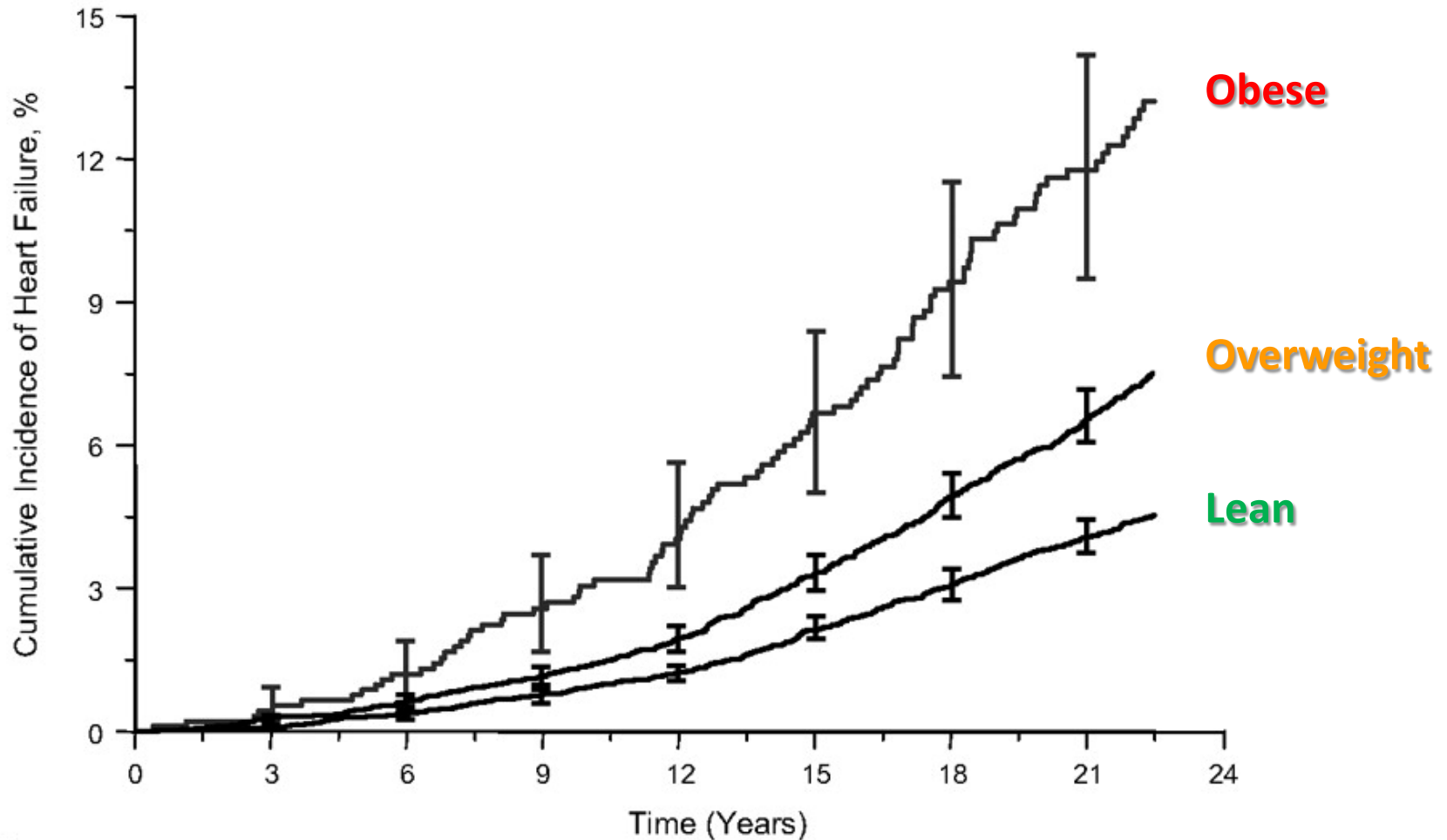
2009



□ No Data □ <4.5% □ 4.5-5.9% □ 6.0-7.4% □ 7.5-8.9% □ $\geq 9.0\%$

Heart failure

A

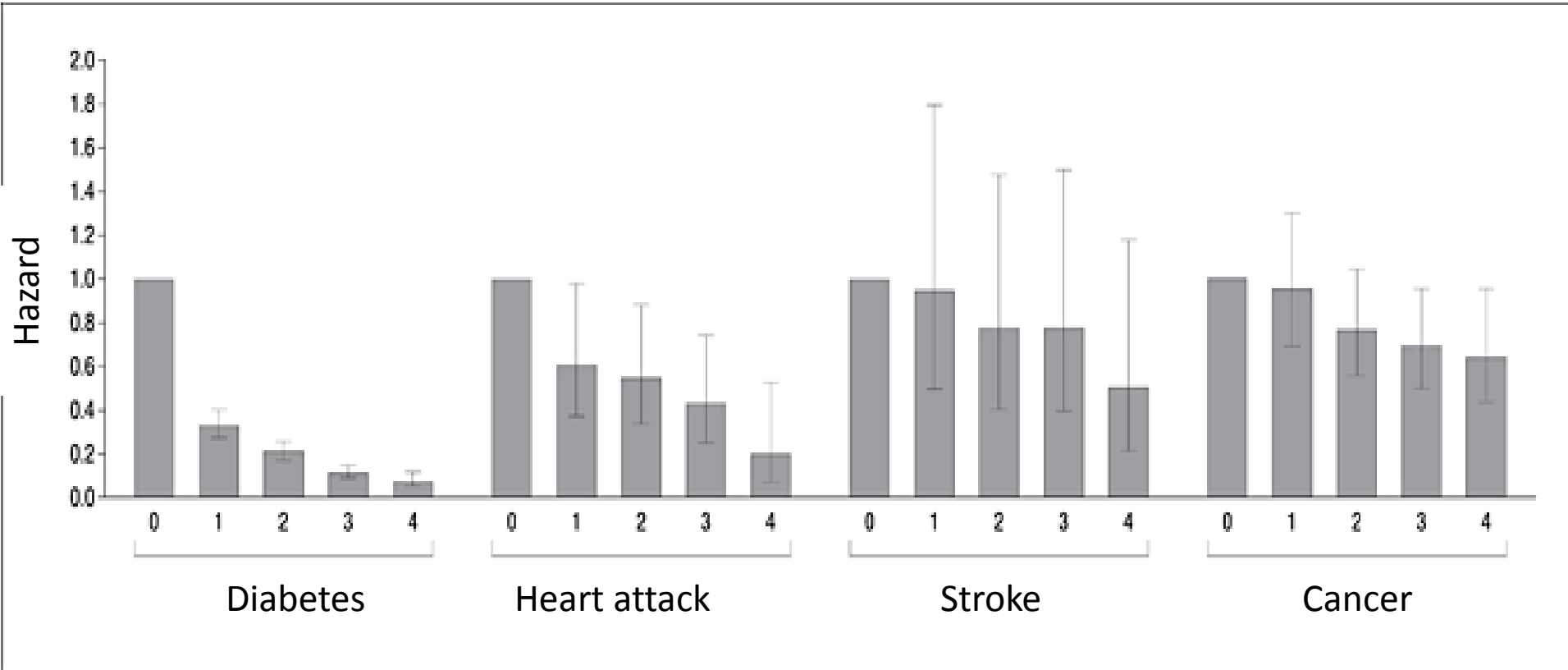


No. at Risk

Lean	12 133	11 993	11 746	11 405	10 949	10 358	9637	8767
Overweight	8032	7928	7768	7484	7120	6650	6131	5474
Obese	929	912	877	827	760	684	601	514

Kenchaiah, S. et al. *Circulation* 2009;119:44-52

What do they have in common?



The number of ELMS behaviors

Eating well: fruits, vegetables, beans, whole grains, nuts, seeds, and less meat

Light weight: BMI less than 30

Move: exercising 3.5 hours a week,
not Smoking (stress, sleep)

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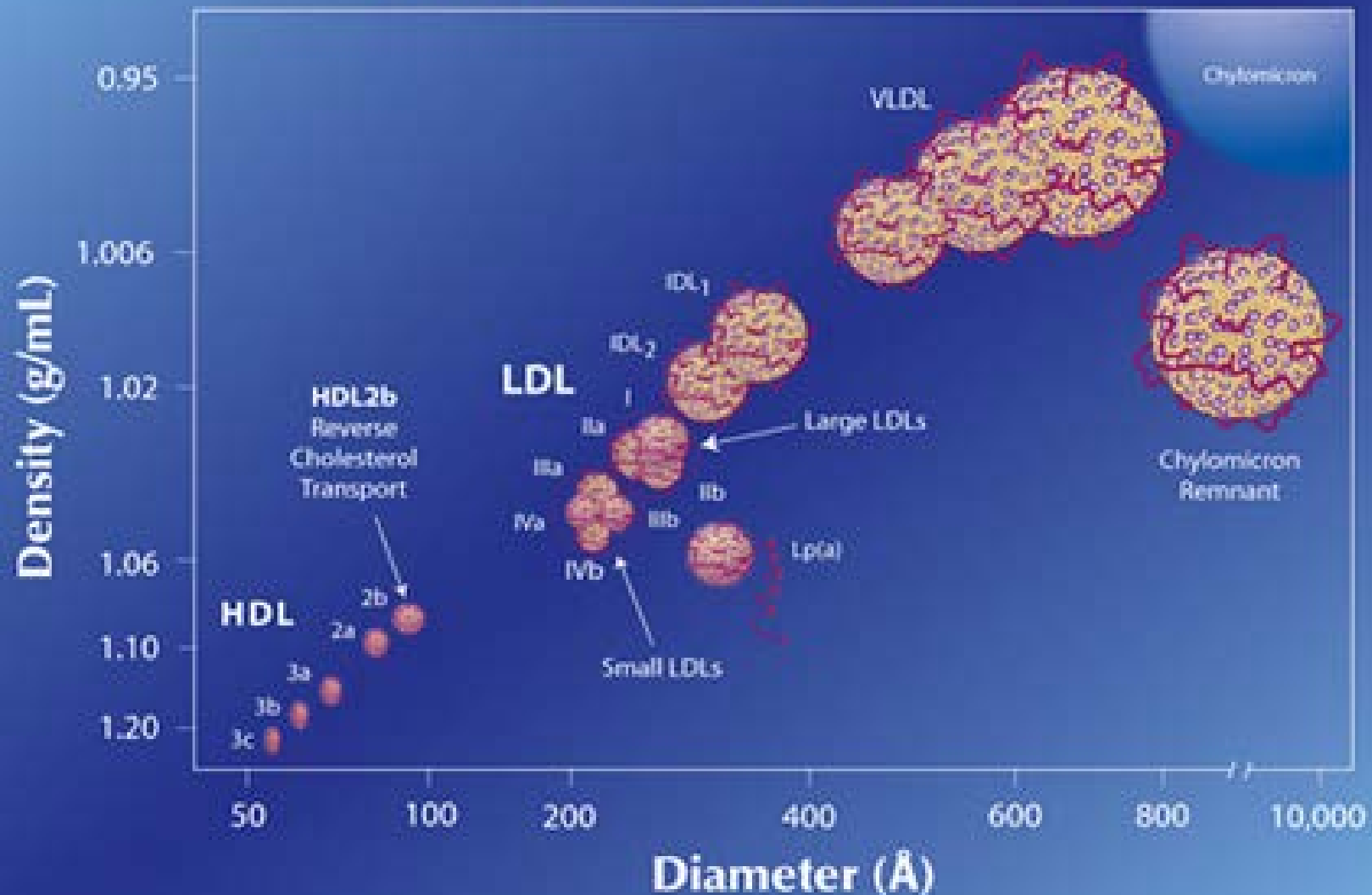
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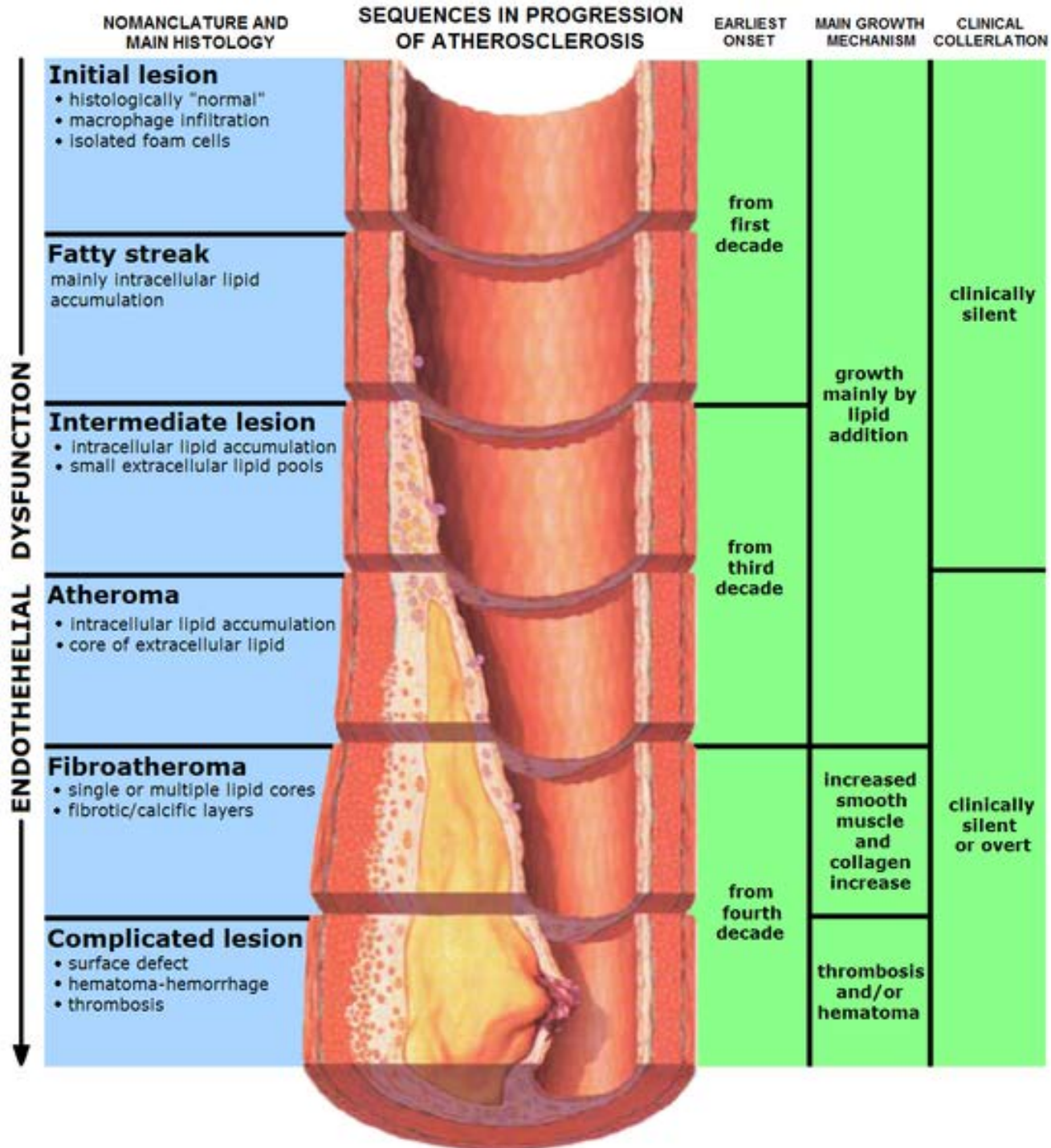
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At risk for heart disease:

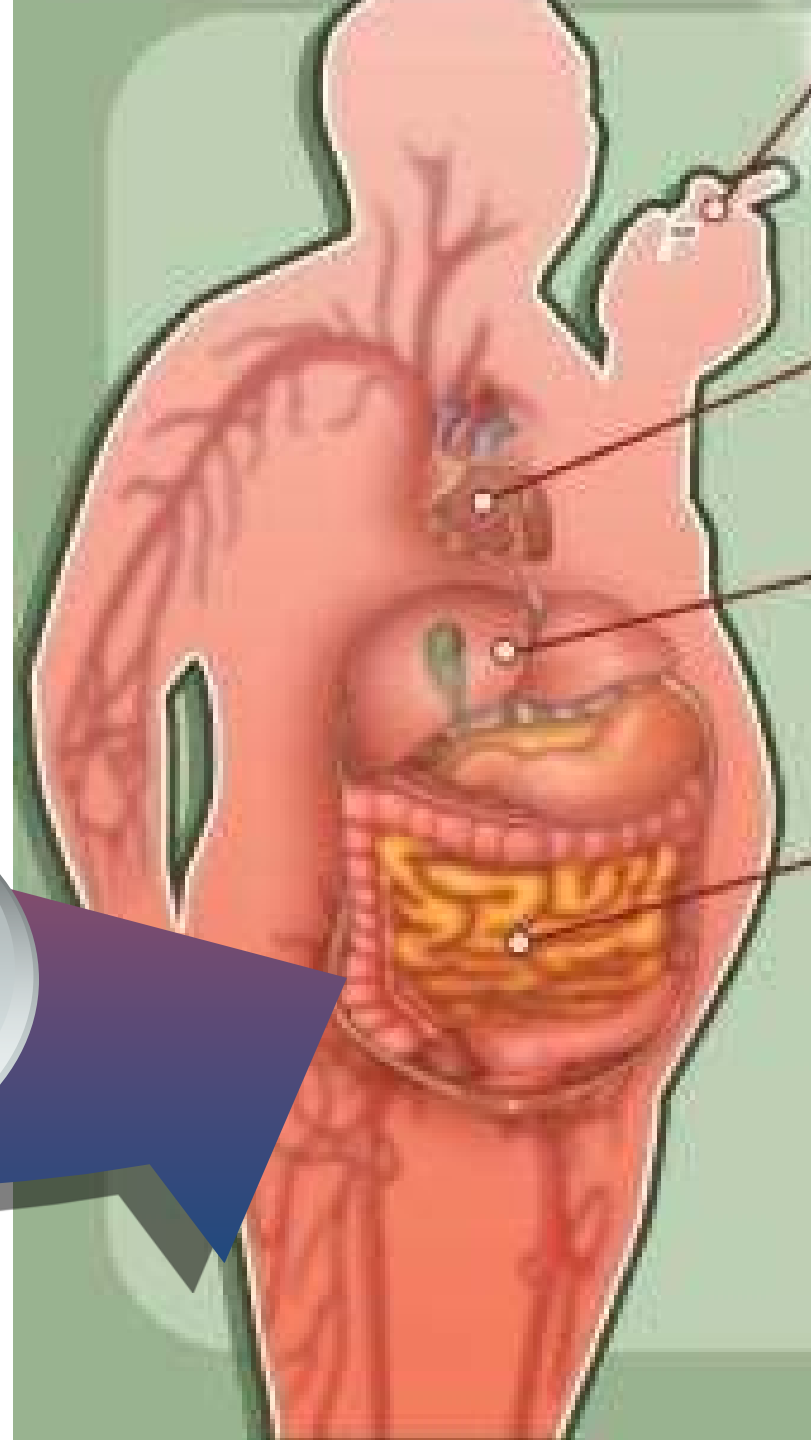
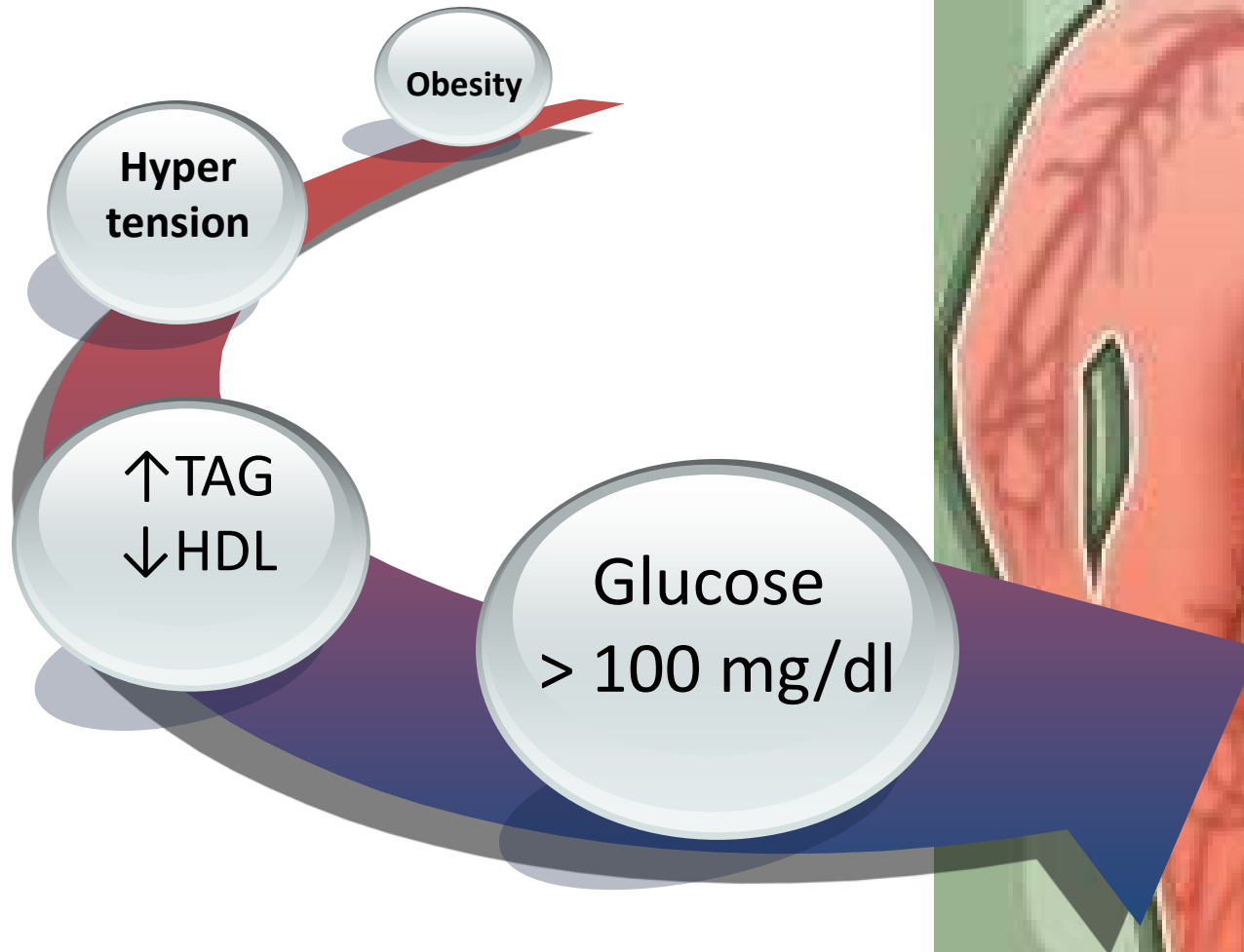
1. Cigarette smoking
2. Hypertension, treated or blood pressure $\geq 120/80$ mm Hg
3. LDL ≥ 200 mg/dL or HDL < 50 mg/dL
4. BMI ≥ 30 or Waist girth ≥ 35 inches
5. Poor diet
6. < 150 min/week of moderate physical activity
7. Family history of premature heart disease in 1st degree relatives
8. Metabolic syndrome
9. Evidence of advanced subclinical atherosclerosis (eg, CAC, carotid plaque, CIMT)
10. Treadmill test: poor exercise capacity or abnormal heart rate recovery
11. Systemic autoimmune collagen vascular disease
12. History of pre-eclampsia, gestational diabetes, or pregnancy hypertension

Lipoprotein Subclasses





Metabolic syndrome



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Big Belly, Low Testosterone Levels

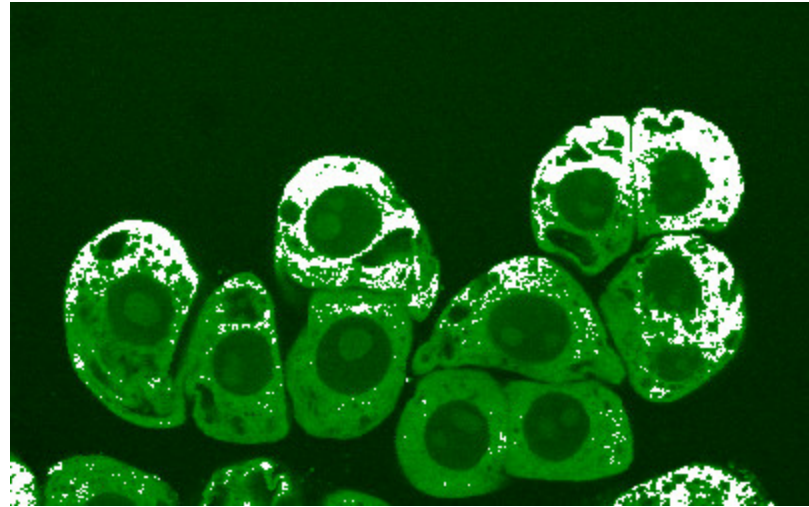


Insulin resistance and PCOS



1 in 10

Women have
polycystic ovary
syndrome



10.8

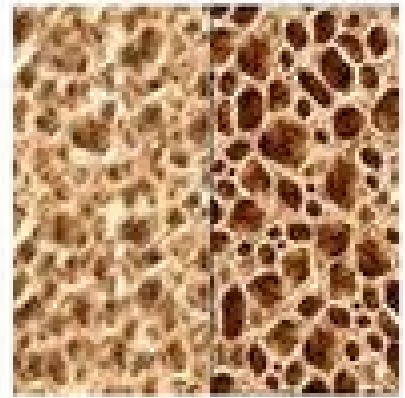
Million of people in the United States thought to have full-blown hypothyroidism.



Easy bruising

Thinning of the skin

Leaner extremities



Osteoporosis



Impaired wound healing

Find the cause. Change your life

Inventory of:

how I spend my time

how I sleep

how I eat

how I drink

how much I move

how much I rest

what motivates me?

Rush University Prevention Center

PRESCRIPTIONS



"I'll have an ounce of prevention."

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